



BLU TIGER™

Compact Seated Elliptical Machine!



**IMPORTANT SAFETY INSTRUCTIONS, READ AND FOLLOW ALL WARNINGS
AND INSTRUCTIONS BEFORE USING THIS PRODUCT. INJURY CAN RESULT
FROM IMPROPER USE. SAVE THESE INSTRUCTIONS.**

Product may vary from images shown.



WARNING



KEEP OUT OF REACH OF CHILDREN. THIS PRODUCT IS NOT A TOY.

IMPORTANT SAFETY INSTRUCTIONS

- **SUFFOCATION/CHOKING HAZARD:** To avoid danger of suffocation or choking, keep plastic bags away from babies and children.

TO AVOID INJURY:

- **ALWAYS** consult with your physician or health care provider **BEFORE** starting the BluTiger™ Elliptical or any other fitness or strength program to confirm that the program is suitable for you and your physical condition.
- Incorrect or excessive training with any fitness equipment can result in serious injury or death.
- **USE** only while seated. Do not stand on the pedals. Standing users may fall and be injured and may damage the seated elliptical machine.
- **ALWAYS** use the BluTiger™ Seated Elliptical on solid, level ground in a well-lit and ventilated area.
- **NEVER** allow children to play on or around the elliptical. Moving parts of the seated elliptical may pinch or crush fingers.
- **ALWAYS** keep hands away from moving parts.
- **ALWAYS** wear proper attire and footwear that fully covers your feet. Ensure that any shoelaces are tucked into your shoes to avoid entanglement.
- **ALWAYS** check the elliptical before use. Never use the seated elliptical machine if it is not properly/completely assembled or is damaged in any way.
- **ALWAYS** bring BluTiger™ Seated Elliptical to a complete stop before taking your feet off the pedals.
- **NEVER** use BluTiger™ Seated Elliptical when sick or fatigued. **NEVER** overexert yourself or work to exhaustion. If you feel faint, dizzy, short of breath, or if you have chest or other pains, **STOP IMMEDIATELY!** Consult your physician before using the BluTiger™ Seated Elliptical again.
- **ALWAYS** read the user's manual fully and follow all instructions, this ensures your safety.
- **THIS SAFETY INFORMATION AND USER'S MANUAL DOES NOT REPLACE THE NEED TO BE ALERT AND TO USE COMMON SENSE WHEN USING THE SEATED ELLIPTICAL MACHINE!**

SAVE THESE INSTRUCTIONS

PACKAGE INCLUDES

1 BluTiger™ Seated Elliptical Machine
1 Quick Start Guide
1 Instruction Manual
1 Allen Wrench
1 Open End Wrench

6 Long Screws
2 Front Feet
Requires 2 AA batteries (not included)

PRODUCT SPECIFICATIONS

Product weight: 14 lbs.

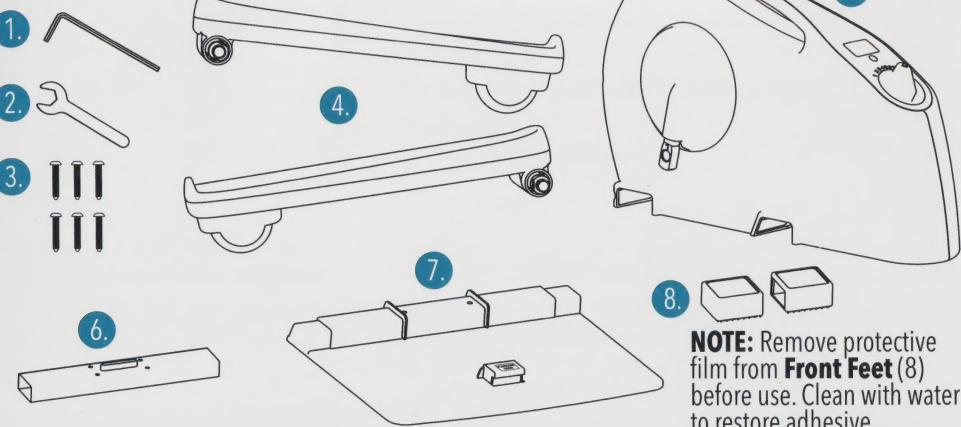
Product measurement: 20 3/8" x 12 3/4" x 11 1/8"

PACKAGE INCLUDES

1. Allen Wrench
2. Open End Wrench
3. Long Screws (x6)

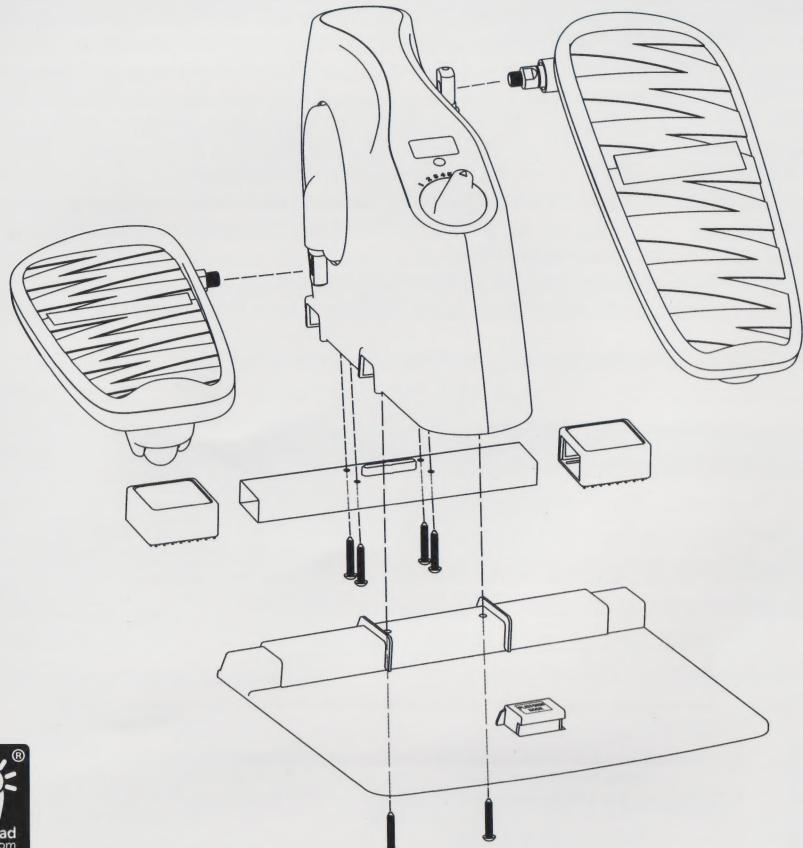
4. Pedal (x2)
5. Crank Housing (x1)
6. Front Leg (x1)

7. Platform (x1)
8. Front Feet (x2)



NOTE: Remove protective film from **Front Feet** (8) before use. Clean with water to restore adhesive.

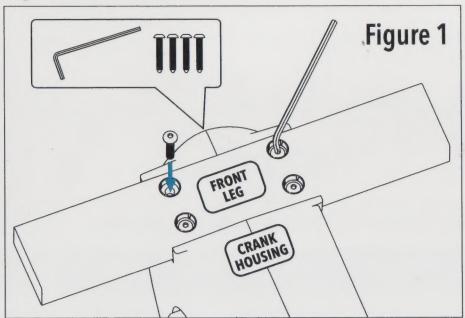
GENERAL ASSEMBLY



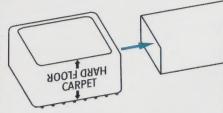
HOW TO ASSEMBLE

STEP 1: Insert **Front Leg** (6) into **Crank Housing** (5). Use **4 Long Screws** (3) to attach **Front Leg** (6) to **Crank Housing** (5). Use **Allen Wrench** (1) included to tighten screws as shown (Figure 1).

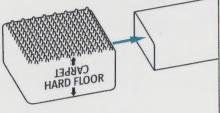
NOTE: It may take many turns to fully tighten screws.



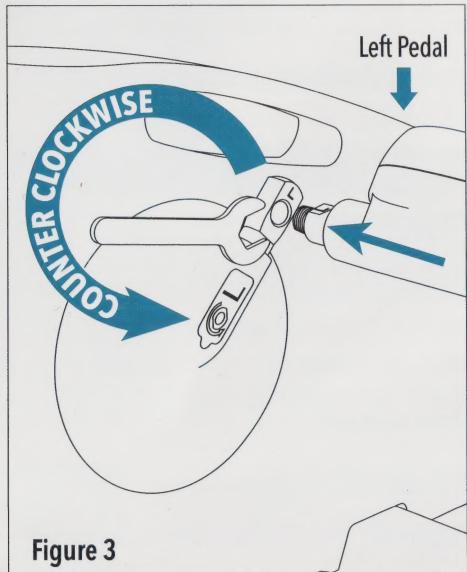
For use on carpet.
Slide **Front Feet** (8) onto **Front Leg** (6), carpet side down as shown.



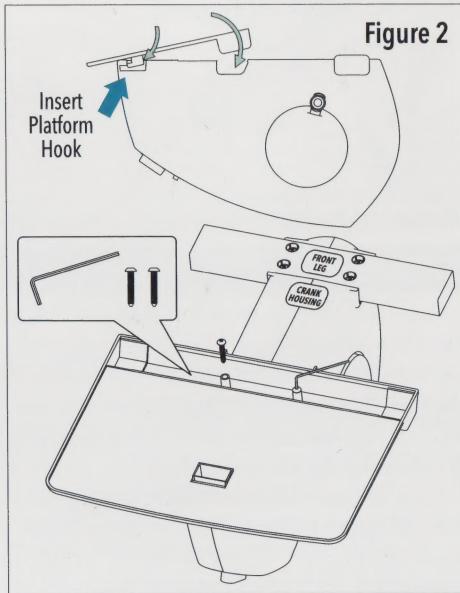
For use on hard floors. Slide **Front Feet** (8) onto **Front Leg** (6), hard floor side down as shown.



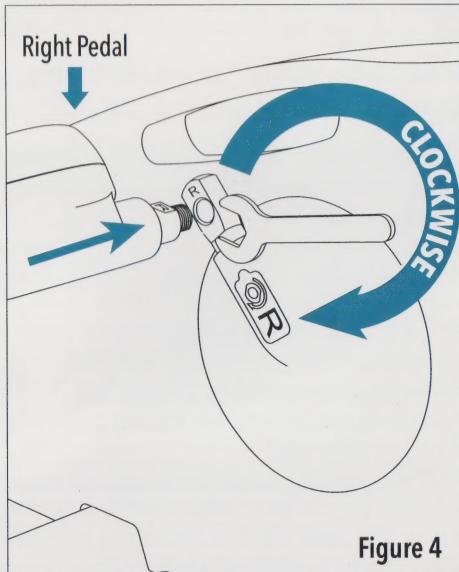
STEP 3: Place left (**L**) Pedal (4) screw onto the left crank as shown. Tighten **COUNTER CLOCKWISE** with **Open End Wrench** (2) included.(Figure 3).



STEP 2: Insert **Platform Hook** into **Crank Housing** (5) as shown. Use **2 Long Screws** (3) to attach platform to **Crank Housing** (5). Use **Allen Wrench** (1) included to tighten screws. (Figure 2).



STEP 4: Place right (**R**) Pedal (4) screw onto the left crank as shown. Tighten **CLOCKWISE** with **Open End Wrench** (2) included.(Figure 4).



BATTERY INSTALLATION

Requires 2 AA batteries (not included). Do not mix old and new batteries. Do not mix alkaline, standard (carbon-zinc), or rechargeable (NiCd, Ni-Mh, etc) batteries. Dispose of batteries according to applicable waste disposal regulations. Do not throw batteries in fire.

1. Open the battery cover located on the side of the **Crank Housing** (5). (**Figure 5**).

2. Insert 2 fresh alkaline AA batteries in correct direction and replace battery cover. (**Figure 6**).

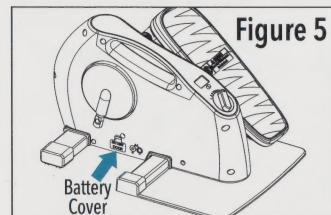


Figure 5

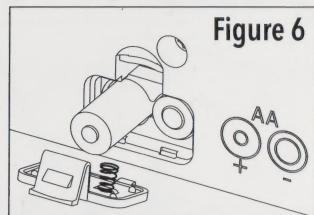
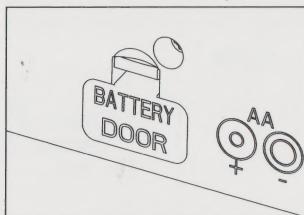


Figure 6

WARNING: KEEP ALL BATTERIES OUT OF REACH OF CHILDREN. CHILDREN HAVE BEEN SEVERELY INJURED OR KILLED BY INGESTING BATTERIES.

HOW TO USE

1. Place BluTiger™ Seated Elliptical on a solid level floor in front of a comfortable seat with the dial facing you. Place BluTiger™ Seated Elliptical in a location where it will not create a tripping hazard. Sit down and find the most comfortable position by adjusting the distance between your seat and BluTiger™ Seated Elliptical. You may need to raise or lower your seat to find your comfort zone.

NOTE: IF YOU ARE SEATED ON A DESK CHAIR WITH WHEELS BE SURE TO STABILIZE OR LOCK THE WHEELS IN PLACE BEFORE USING BLUTIGER™.

2. Press the Power button under the display screen. Pedaling will also power-on the display.

3. While seated, place both feet flat on the pedals and move your legs in a rotating fashion just as you would ride a bicycle. Keep your feet flat on the pedals for smooth operation. Pedaling with only the front of the foot or the heel will cause the BluTiger™ Seated Elliptical to wobble uncomfortably.

CAUTION: USE BLUTIGER™ SEATED ELLIPTICAL ONLY WHILE SEATED. DO NOT STAND ON THE PEDALS.

Standing users may fall and be injured and may damage the seated elliptical machine.

4. Turn the dial clockwise to increase resistance. When starting out we suggest you start at the lowest resistance 1 and work your way up as you become more comfortable.

ALWAYS wear proper attire and footwear that fully covers your feet. Ensure that any shoelaces are tucked into your shoes.

ALWAYS bring BluTiger™ Seated Elliptical to a complete stop before taking your feet off the pedals.

WARNING: STORE OUT OF REACH OF CHILDREN WHEN NOT IN USE.

FIT FOR USE?

Before using BluTiger™ Seated Elliptical answer these questions:

IF YOU ANSWER 'YES' TO OR ARE UNCERTAIN ABOUT ANY OF THE QUESTIONS, YOU SHOULD SEEK FURTHER ADVICE FROM YOUR DOCTOR PRIOR TO USING BLUTIGER™ SEATED ELLIPTICAL.

- Have you been sick recently?
- Have you had prolonged dizziness recently?
- Have you been out of breath for no reason recently?
- Have you have had chest pain recently?
- Do you currently have any injuries preventing you from exercise?
- Are you pregnant?
- Do you have any conditions or reasons you shouldn't exercise?
- Are you over 35 years old and physically inactive?
- Have you been told by a doctor that you shouldn't exercise?

Save the user's manual for reference.

ADJUSTING THE RESISTANCE AND USING THE DISPLAY MONITOR

Display turns on automatically when you pedal or press the button. Display will turn off automatically a few minutes after you stop pedaling. It will "remember" your totals and what display mode you were in last.

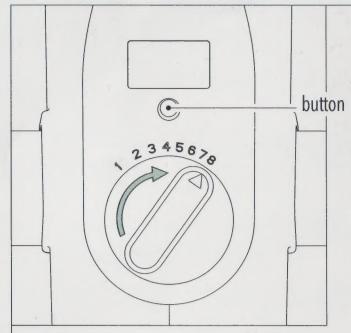
- Press and hold the button to zero all the totals.
- Press and release button to cycle through the display modes:
SCAN: In this mode the reading will cycle between each of the four readouts

TIME: how long you have pedaled, pauses count when not pedaling

SPEED: how fast you are pedaling

CAL: number of calories burned

DIST: how far you have pedaled



Rotate the knob clockwise to increase the resistance of the pedals.

This device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

- (1) this device may not cause harmful interference, and
- (2) this device must accept any interference received, including interference that may cause undesired operation.

Warning: Changes or modifications to this unit not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the Instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver connected.
- Consult the dealer or an experienced radio/TV technician for help.

LIMITATION OF LIABILITY

Liability limited to the purchase price of this product. Telebrands Corp. shall not be liable for any incidental or consequential damages or any implied warranty on this product. Some states do not allow the exclusion or limitation of incidental or consequential damages so the above limitation or exclusion may not apply to you.



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QUESTIONS?
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